**MOCA Test:** <https://www.mocatest.org/members/login/>

**“Preventing dementia: What risk factors should we target and in whom?”** The talk by the prolific researcher in epidemiology Dr. Matthew Pase. Access a recording of the fascinating webinar & the presentation slides on the [MoCA website](https://click.communications.mocatest.org/?qs=b6f44a4e2bfc6bad872137287046304d6e705a30141f322c0f263fd8a4aa70cab12b3a88eba8e1712af655ed06f0dacbefeeb375f934ee89).

**Resource Internet Search County/State:**

Every county has some senior resource hub.  Search online for “[department on aging](https://www.ncdhhs.gov/divisions/aging-and-adult-services),” “council on aging,” and “senior services,” plus the name of your county plus “N.C.” Some examples of services are:

* [**In-home aide**](https://www.ncdhhs.gov/divisions/aging-and-adult-services/home-aide) program that provides free home care to seniors regardless of income or assets and is not limited to folks with Medicaid. For an [**In Home Aide Program Consultant**](mailto:lorrie.roth@dhhs.nc.gov)or call [**919-855-3400**](tel:+1-919-855-3400). Contacts are [**Glenda Artis**](mailto:glenda.artis@dhhs.nc.gov), or [**Lorrie Roth**](mailto:lorrie.roth@dhhs.nc.gov)**.**
* **Caregivers for hire**, often with background/reference checks included.
* [**Curb-to-curb transportation**](https://www.ncdhhs.gov/divisions/aging-and-adult-services/transportation-services), also called paratransit, is often offered by the local bus service.  Note:  Set this up *before* it is needed, or the patient could be paying a fortune for wheelchair or stretcher service someday.
* [**Meals on Wheels**](https://www.mowanc.org/) information is available from the senior resource hub, though they may or may not provide the actual services.  Many senior centers also offer a daily lunch.
* **Home medical equipment lending program** [**Durham**](https://durham.nc.networkofcare.org/mh/services/agency.aspx?pid=healthequipmentloanprogramhelp_371_2_0) **and** [**State**](https://www.carenorthcarolina.org/list08_north_carolina_home_medical_equipment.htm)
* **Day program or** [**senior center**](https://www.ncdhhs.gov/divisions/aging-and-adult-services/senior-centers/senior-centers-directory) information is available

Other state-wide resources:

* **Dementia caregiver support** is available through the [**Dementia Alliance of NC**](https://dementianc.org/)(919) 832-3732.  They can also refer you to your local [**Project C.A.R.E**.](https://www.ncdhhs.gov/divisions/aging-and-adult-services/project-care-caregiver-alternatives-running-empty) program for additional support.
* Help exploring **Assisted Living Facilities, nursing homes, etc.** is available from the [**N.C. Ombudsman**](https://www.ncdhhs.gov/divisions/aging-and-adult-services/long-term-care-ombudsman-advocacy-residents-long-term-care-facilities)program, or you can consult with a senior placement service such as [**Care Patrol**](https://www.carepatrol.com/), ph 919-377-9922, [**Assisted Living Locators**](https://assistedlivinglocators.com/) ph 877-226-7780, or [**Always Best Care Senior Services**](https://www.alwaysbestcare.com/)ph 855-470-2273.
* For help finding **drug manufacturer patient assistance programs** for free brand-name medication, try searching [**NeedyMeds.org**](https://www.needymeds.org/)**.**
* For **in-home medical care**, try [**Doctors Making Housecalls**](https://www.doctorsmakinghousecalls.com/) 844-932-5700
* To find **a doctor/specialist, a home health service, a hospice agency , a rehab/nursing home**, and more, use the[**Medicare Care Compare tool**](https://www.medicare.gov/care-compare/#search).
* For **legal assistance**, contact [**Legal Aid of NC**](https://www.legalaidnc.org/) 866-219-LANC (5262).
* Help **choosing an insurance plan** is available through the [**S.H.I.I.P.**](https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip) program ph 855-408-1212.
* For **VA benefits and pensions**, including Aid and Attendance funds for in-home care, contact your local [**V.A. Medical Center**](https://www.va.gov/find-locations/) or [**VSO**](https://www.milvets.nc.gov/benefits-services/benefits-claims)**.**